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Subject: Naval Service Medical News (NSMN) 96-04

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HEADLINE: Medical Assistance At GTMO Ends For Hospital Staff

NAVHOSP Jacksonville, FL (NSMN) -- When HM2 Ignacio Ponce-Toledo returned to Jacksonville last week, it ended a medical assistance mission for Naval Hospital Jacksonville that started last June. Hospital physicians, nurses, corpsmen and other support personnel, 62 in all, deployed to Naval Base Guantanamo Bay, Cuba, in support of Operation Sea Signal. While in Cuba, hospital staff provided medical care to the Cuban migrants who were living in camps that were set up on the base. The number of migrants fluctuated on a weekly basis and steadily decreased over time. When hospital staff arrived at the base in Cuba, there were more than 22,000 Cuban migrants and a smaller number of Haitians living in the camps.

Naval Hospital Jacksonville staff members found the duty in GTMO, as Naval Base Guantanamo Bay is affectionately called, both interesting and challenging. Ponce-Toledo said his duties at GTMO were quite a bit different than his normal duties at Naval Hospital Jacksonville's Laboratory. "When I was assigned to the Field Clinic, I had to learn how to operate all the equipment there. This was my first experience at anything like this and I learned to live and work in the field. I will remember, every day of my life, what these people risked to come to the United States."

HM2 Jerry Webster, who ordered and distributed medical supplies in the camps, said, "When we first got there, we lived in tents at the camps for the first few months. These were not ordinary tents; they were air-conditioned. I'm used to being with the Marines and I'd never seen an air-conditioned tent

before, but it was still a tent."

Webster added, "The people in the camps really did have it tough. They lived in regular tents and were hot and frustrated with the wait."

This medical assistance mission is ending but the staff of Naval Hospital Jacksonville watches the news closely every night. Just as they have been called upon to serve in Cuba, Croatia, Haiti, Desert Storm and a host of others before, they know they will be called again.

Story by Mr. Bob Hines, Naval Hospital Jacksonville

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HEADLINE: Payne Selected as Rescue Squad Rookie of the Year

NMC Portsmouth, VA (NSMN) -- Volunteerism has always been a Sailor's way of life. Whether it is renovating an overseas orphanage, painting a USO booth at a liberty port, tutoring local school children or constructing a playground for neighborhood youth, Navy people have always been there to answer the call.

One Navy corpsman at Naval Medical Center Portsmouth has gone above and beyond the norm to volunteer his services and has been appropriately recognized for his efforts. HN Lawrence W. Payne IV was recently selected as the Virginia Beach Rescue Squad 14 Rookie of the Year from a field of 11 other candidates.

When Payne learned he would be assigned to NMC Portsmouth after Hospital Corpsman "A" School, San Diego, he sent an application to the Virginia Beach Emergency Medical Service office. He had a special reason for wanting to join them -- his father, a retired Army lieutenant colonel, had once been a member of the same rescue squad. "I joined the squad the day I arrived in Virginia Beach in August 1994," Payne said. Thus began his year-long training. During his initial probationary period, he underwent a two-phase training program focusing on nonemergency and emergency ambulance driving and serving as an ambulance attendant.

Payne said he got a lot of "support, understanding and cooperation from my supervisors, including the leading petty officer, division master chief, and department head. They all went out of their way to adjust my work schedules to allow me to serve with the rescue squad. My military and civilian positions are closely related and the compatibility allows me to be more proficient in each."

What motivates him to go above and beyond? "Other than the obvious gratification of serving the people of Virginia Beach, this job provides me the satisfaction of knowing that I have perhaps made a difference in a person's life," Payne said. "When I have finished my shift, I can look at myself in the mirror and say, 'someone was helped in their time of need and I was there when they needed me.'"

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HEADLINE: Diet, Plus Exercise, Plus Motivation Equals Success

NAVSTA Everett, WA (NSMN) -- At his heaviest, OS2 John Smith, of Naval Station Everett, weighed 296 pounds and was at about 27 percent body fat. He was placed on mandatory physical

training and started working out on his own. But even with a rigorous daily routine of a mile-and-a-half run, 15 minutes on a stationary bike, 60 situps and 30 to 40 pushups, Smith wasn't getting results. So he sought professional help at the Navy's Branch Medical Clinic Everett.

To aid in Smith's weight loss, LT Diana Jorgensen, Health Promotions Coordinator at the clinic, did not put Smith on a diet. She just had him totally rearrange his diet.

"I used to eat hamburgers and fried chicken all the time, at least three or four times a week," said Smith. Now his diet includes "a lot of vegetables, fruits and other non-fat items, plus a lot of water every day. ... Keeping track of everything I was taking in really made me aware of all the good and bad stuff I was eating." Today, Smith is keeping his weight steady at 224 pounds and is maintaining his body fat between 7 and 9 percent.

Smith said he never could have been successful without help from the Navy. "Get help in motivation," he said. "If I hadn't had anyone to push me, I never would have done it."

In addition to lowering his blood pressure and cholesterol, and getting rid of the pains in his back and knees, an unforeseen side effect was the weight loss in his wallet. "I've probably spent \$800 on new clothes. I went from a 44-inch waist to 34 inches," said Smith. "It was worth the expense."

Story by JO2 David Hayes, Naval Station Everett

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HEADLINE: Navy School's Interactive Program a Hit with Students
NSHS Portsmouth, VA (NSMN) -- What is being touted by software manufacturers as the future of television and computers is already a reality for the Psychiatric Technician School of the Naval School of Health Sciences in Portsmouth.

A new psychiatric interactive computer program at the school features crisis intervention scenarios on several psychiatric categories like personality disorder, mood and thought disorders, substance abuse and family support.

"We got to see a lot of interesting scenarios," said Jessica Simpson, a Licensed Practical Nursing student from the Chesapeake Center for Science and Technology who had come to the naval school with three other students and an instructor to use the new program.

Psychiatric Technician School Head LT David Castellano said the program is the first of its kind with regards to military psychiatry and it took a year to make.

HM2 James Best, who worked with the students, said the interactive computer program represents the cutting edge of technology. A user-friendly program, it can be activated by a "touch-on" screen. "After we showed them how to do it one time, they were able to proceed on their own," said Best.

The nursing students said it was an exceptional education experience and that they are looking forward to a return visit.
Story by HM1 Edgar Nem Singh, Naval School of Health Sciences

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HEADLINE: Patuxent River's Unique Orientation Settles Corpsmen

NAVHOSP Patuxent River, MD (NSMN) -- Since May 1995, Hospital Corpsmen arriving at Naval Hospital Patuxent River from "A" School or the Fleet Marine Force have had the opportunity to participate in Orientation Division, referred to as "O" Division.

This unique program details new corpsmen for three to four months to the Education and Training Department, which coordinates the program. There the corpsmen of "O" Division are scheduled for and complete Hospital Orientation, Base Orientation, EMT and EVO, IV, Suture, Venipuncture and Medication classes. In addition, individuals are given the opportunity to rotate throughout the command in 11 different areas of the hospital, resulting in valuable hands-on training and familiarization with the hospital.

To date, 22 corpsmen have completed this program. Response by both the corpsmen and the hospital staff is overwhelmingly positive. Ms. Melissa McCurley, a staff phlebotomist who provides training for "O" Division, describes the program as "a terrific opportunity for new corpsmen to touch on all aspects of working in a hospital before being assigned to a specific department."

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HEADLINE: Naval Hospital Groton Featured on Local Cable TV

NAVHOSP Groton, CT (NSMN) -- The month of January provided local communities surrounding New London, CT, an opportunity to view Naval Hospital Groton up close and personal from the comfort of their homes. Local cable access networks broadcast "The Cutting Edge," a television program that focused on the hospital.

The one-hour program provided Naval Hospital Groton with an opportunity to communicate the latest information on TRICARE to its beneficiaries. The show also provided viewers with information on services available, hours of operation, service points of contact and featured an interview with the hospital's Commanding Officer, CAPT R.B. Hall, II, MC. Story by LTjg J. Kendrick, MSC, USNR, and ENS C. Weaver, MSC, USNR, Naval Hospital Groton

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HEADLINE: Service Members -- Ensure Legal Affairs are in Order

AFIS Alexandria, VA (NSMN) -- The movement of U.S. service members into Bosnia-Herzegovina shows how fast Americans can move when needed. As soon as Bosnian, Serbian and Croatian leaders signed the peace accord, U.S. forces were ready to cross the Hungarian border and move on to their peace implementation mission.

Yet, before peacekeepers crossed into Bosnia, unit commanders were ensuring their service members had their legal affairs set. These arrangements -- wills and powers of attorney -- allow spouses to handle family affairs during a service member's absence and settle estates should something happen.

"We are encouraging (all our people) to keep their wills and powers of attorney updated," said Ms. Meg Falk, DOD's Deputy Director of Family Policy. "People never know when something like Bosnia is going to happen. Our hope is that everyone has

his or her legal affairs in order."

Ever since Operation Desert Storm in 1991, when legal assistance teams had to spend hours preparing and enacting wills and powers of attorney for deploying service personnel, Defense officials have been pushing service members to review and maintain their legal affairs. Since then, Defense officials say the services have built a range of family readiness programs -- programs to help prevent deployment problems.

Defense officials said they can't legally force members to complete wills. However, Falk emphasizes that all military members should establish wills and powers of attorney, even single service members. "Even singles have their responsibilities," said Falk. "There are car payments, personal property and a variety of other items that a will or power of attorney can handle."

Senior officers and non-commissioned officers are more likely to have updated wills. Officials said as service members advance in rank, age and family responsibilities, they are more likely to have their plans in place. However, only 25.4 percent of single men and 30.9 percent of single women have active wills.

Mr. Howard Nollenberger, legal assistance chief for the Army's Military District of Washington, said he's not surprised by the low numbers. He said most single troops don't consider having a will a matter of immediate concern.

Nollenberger agreed that all service members should have a will. However, he added, dying without a will may not be disastrous if all they have is a stereo and a car. He noted every state has a law that disposes of property should a service member die without a will. The normal sequence calls for the property of a single member, without children, to return to the biological parents.

When a service member marries or has children, the risk of unintended disposition of property increases. "Any time you have a change in lifestyle -- whether it be a marriage, retirement, separation, divorce, death or birth of a child -- you need to complete or update your will," said Nollenberger.

This also applies to powers of attorney, used by a spouse, family member or designated representative to act on a member's behalf during extended absences. Nollenberger said most powers of attorney have limits on their effectiveness and need periodic updates.

Service and family members wishing to complete or update a will or power of attorney need only go to their local Legal Assistance Office. Usually service members in need of a general power of attorney can walk into their assistance office, complete the necessary forms and have the document in minutes. Special powers of attorney -- needed for real estate purchases and loans -- may require more preparation.

Contact your local Navy Legal Services Office for more information.

Story by MSG Stephen Barrett, USA, American Forces Information Service

HEADLINE: Operation Joint Endeavor Mailing Addresses

DOD Washington (NSMN) -- DOD recently released addresses that American people may use to send mail to a service member deployed in support of the Bosnian peacekeeping operation and to their family members in Germany.

Additionally, under a program sponsored by No Greater Love, special addresses have been created to send Valentine greetings to deployed service members during the month of February. Postal authorities said mail should be sent through local post offices, not weigh more than 70 pounds and be no larger than a shoe box.

Any Service Member addresses:

-- For Navy, Marine Corps, Air Force and Army land forces, address mail to: Any Service Member, Operation Joint Endeavor, APO AE 09397.

-- For Sailors and Marines aboard ship, address mail to: Any Service Member, Operation Joint Endeavor, FPO AE 09398.

-- For families in Germany, address mail to: Any Family Member, Operation Joint Endeavor, APO AE 09399.

Valentine addresses:

-- For Navy, Marine Corps, Air Force and Army land forces, address mail to: No Greater Love, c/o Operation Joint Endeavor, APO AE 09391.

-- For Navy and Marine Corps personnel aboard ship, address mail to: No Greater Love, c/o Operation Joint Endeavor, FPO AE 09392.

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HEADLINE: Navy Medical Department People Involved in Operations

BUMED Washington (NSMN) -- The Navy Medical Department continues to support the Navy and Marine Corps team through deployments with the fleet and humanitarian operations. Here is the latest update on where our medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Sea Signal Phase V

Medical/Dental augmentation personnel: 15

Commander Joint Task Force 160 (CJTF-160) officially "Cased the Colors" 18 January 1996. The remaining personnel became part of the Joint Logistics Support Group (JLSG), which will be responsible for the retrograde of the equipment and supplies for this operation. There are five remaining medical and dental personnel assigned in combination with Naval Hospital Guantanamo Bay, Cuba, to provide medical treatment for 847 Cuban migrants.

Operation Full Accounting

Navy Medical Corps officers, Physician Assistants, and Independent Duty Corpsmen (IDCs) participate in this operation by volunteering to serve tours ranging from just under two weeks to two months to support the teams searching for remains of MIAs and POWs in Laos, Cambodia and Vietnam. There are currently two IDCs assigned to JTF Full Accounting from Naval Hospital Newport, RI, and COMSUBGRU Nine in Washington. Those who meet the qualifications and wish to volunteer may contact BUMED's HM2 Salicrup at DSN 762-3427 or commercial (202) 762-3427.

Exercise Support

MMART Four from National Naval Medical Center Bethesda, MD, is deployed to provide support for a Mediterranean ARG. Members

of MMART Five from Naval Hospital Bremerton, WA, are deployed to provide support for a WESTPAC exercise.

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HEADLINE: HEALTHWATCH: How to Die of Embarrassment

AHA Dallas (NSMN) -- Below are the steps many people follow, an easy formula for how to die of embarrassment.

-- Experience the warning signs of heart attack or stroke (brain attack).

-- Refuse to get medical help because you're afraid it might be indigestion or a "false alarm."

-- Realize your mistake too late.

-- Feel terrified.

-- The End.

Don't be dead wrong. If you experience the warning signs of heart attack or brain attack, get help fast! Call your local emergency number or have someone drive you to the nearest hospital.

February is National Heart Month. This year's theme is "Don't Die of Embarrassment."

SUBHEAD: Warning Signs of Heart Attack

-- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.

-- Pain that spreads to the shoulders, neck or arms.

-- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

SUBHEAD: Warning Signs of Stroke or Brain Attack

-- Sudden weakness or numbness of the face, arm or leg on one side of the body.

-- Sudden dimness or loss of vision, particularly in one eye.

-- Loss of speech, or trouble talking or understanding speech.

-- Sudden, severe headaches with no known cause.

-- Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the previous symptoms.

Story from the American Heart Association

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3. March Calendar

National/Navy Nutrition Month -- "Eat Right America: Enjoy the Variety of Food Choices" (312/899-0040)

Cataract Awareness Month (Prevent Blindness America, 1 800 331-2020)

Eye Donor Month (202/775-4999)

National Kidney Month (1 800 622-9010)

Women's History Month -- "See History in a New Way"

3 March 1871: Navy Medical Corps Established

3 March 1915: Naval Reserve Established

3-9 March: Save Your Vision Week (314/991-4100)

17-23 March: Children and Healthcare Week -- "Preparation

is Partnership" (301/654-6549)

30 March: Doctors' Day (1 800 423-4992)

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HEADLINE: Important Dates for February from BUPERS

BUPERS Washington (NSMN) -- The Bureau of Naval Personnel is reminding Sailors of upcoming selection boards, application deadlines and other dates that are important for Navy men and women.

February: Finalize applications for Enlisted Education Advancement Program (EEAP). Applications due 1 March.

5 February: Active Rear Admiral (Lower Half) Line Selection Board Convenes

5 February: Acquisition Professional Community Selection Board Convenes

6 February: Morning (0600-0800) and Night (until 2200) Detailing (Washington, DC, time)

12 February: Reserve Rear Admiral (Lower Half) Line Selection Board Convenes

12 February: Reserve O-6 Elimination of Active Status Selection Board Convenes

12 February: Reserve E8/9 Special Selection Board Convenes

12 February: Reserve Inservice Procurement Selection Board Convenes (Enlisted To Limited Duty Officer, Enlisted to Chief Warrant Officers, Chief Warrant Officer to Limited Duty Officer)

15 February: Acquisition Command Slate Selection Board Convenes

15 February: Applications Due to BUPERS (Pers-251) for April 1996 Transfer/Redesignation Selection Board

20 February: TAR Transfer/Redesignation Selection Board Convenes

21 February: Morning (0600-0800) and Night (until 2200) Detailing (Washington, DC, time)

26 February: Reserve Rear Admiral (Lower Half) Staff Corps Selection Board Convenes

27 February: Reserve Career Recruiter Force Selection Board Convenes

29 February: O2 Fitness Reports Due

29 February: Mid-Term Fitness Report Counseling for Active O5/O1

29 February: Mid-Term Fitness Report Counseling for TAR O5
Story by LT Kelly Watson, Bureau of Naval Personnel

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HEADLINE: Black History Month to Salute Women's Accomplishments

BUPERS Washington (NSMN) -- From a humble and historic beginning of fewer than 50 Women Accepted for Volunteer Emergency Service (WAVES) during World War II to a current force of 14,380, African-American women have provided vital contributions to their country through service in the Navy. During the February observance of Black History Month, their accomplishments will be highlighted, as this year's theme is "African-American Women: Yesterday, Today and Tomorrow."

Though they first donned uniforms during World War II,

African-American women have served in every war. As early as the Revolutionary War, they played major support roles, helping the militia and serving as spies for the Colonial authorities. Some even disguised themselves as men and fought side by side with Colonial soldiers against the British.

Of the 35,000 women who served in our country's most recent conflict -- Operation Desert Storm -- an estimated 40 percent were African-American women.

While Americans celebrate the roles played by such women as Harriet Tubman and Rosa Parks, the Navy can take special pride in Harriet Pickens and Francis Wills, the first African-American women to be commissioned as officers. Today, African-American women serve in an ever-growing number of key positions, including a recent assignment as executive officer of a Navy combatant ship.

Story by LT Daren Pelkie, Bureau of Naval Personnel

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